

Basic Report 35008, Bear, polar, meat, raw (Alaska Native)

Report Date:September 19, 2015 12:40 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	1 Value Per100 g
Proximates		
Water	g	70.30
Energy	kcal	130
Protein	g	25.60
Total lipid (fat)	g	3.10
Carbohydrate, by difference	g	0.00
Minerals		
Calcium, Ca	mg	17
Iron, Fe	mg	6.10
Potassium, K	mg	40
Vitamins		
Vitamin C, total ascorbic acid	mg	2.0
Thiamin	mg	0.023
Riboflavin	mg	0.573
Niacin	mg	4.000
Vitamin A, IU	IU	1400
Lipids		
Fatty acids, total saturated	g	0.630
Fatty acids, total monounsaturated	g	2.000
Fatty acids, total polyunsaturated	g	0.460